



Blue highlight indicates, kit the school can provide, although as paddlers become more proficient they start to build up their own kit. When you get this far, start with the **clothing**, warm paddlers have more fun.

Advanced sessions can involve paddling in remote places, which necessitates carrying any emergency & comfort kit with them. Distances will be longer, water features larger & faster. We will be paddling in the coldest winter periods to access many of these rivers so personnel kit needs to be good quality to keep them warm.

They will have shown considerable commitment to the sport to reach this level, will be moving into the real paddling season, which is the winter months & so investment in some good personnel kit is really worthwhile, a good Cag with dry neck & wrist seals should be the first priority, followed by wet suit gloves & scull cap.

Clothing for on the water:

Warm clothing = lots of fun

Inappropriate clothing = cold, possibly hypothermia, bad day out

- Swimming trunks
- Trousers: Wet suit or 'water sport dry trousers'
If you use a wet suit, armless ones are best.
- **Base layer:** T-shirt (must not be cotton.
A thin polyester sweatshirt would be good)
- **Mid layer:** fleece
- **Outer layer:** Good quality **Cag** (we have a few Cags).
With waterproof neck & wrist seals.
- **Footwear:** Trainers, Wetsuit boots/shoes
or water sport shoes.
- Neoprene Scull cap.
- Possibly water sport ear plugs
- **Safety helmet**
- **Wight Water Buoyancy aid (not life jacket)**
- **Neoprene Spray deck**
- **White Water Paddle**
- **White Water Spec. Boat**
- **Air bags for boat.**

Wetsuits

These are great & can be very cheap now <£30.

If you have a shorty or full length wetsuit this would substitute the Base & Mid layer.

Some people wear a base layer under their wet-suit when it's cold!

You will need a Outer layer (waterproof coat).

Socks make putting the wet-suit on easier!

When you get out:

- Warm clothes to change into:
 - Warm hat, t-shirt, thin jumper, thick fleece, warm trousers, warm socks
- Towel
- Changing towel or dressing gown to help you get changed in car park.
- Old mat or square of carpet to stand on while changing.
- Food & drink, it is a demanding sport, they will be hungry & thirsty
- Bag to put all your wet kit in or thick rubble bag.

Other letters available:

- Beginners Kit
- Intermediate Kit

Kit to take in your boat (Must Have)

- Dry bag
- Warm hat, rapped in secondary dry-proof bag or bin liner.
- Thin fleece, rapped in secondary dry-proof bag or bin liner.
- Insulating emergency jacket
- High energy snack for emergency use
- Several snacks & drink to keep them going.
High carb; cereal bar, flapjack, sandwich or rap etc.
- warm drink: squash, soup, milk, hot chocolate etc. (preferably not tea or coffee)
- Personal medication; EpiPen, asthma inhaler etc

Kit to take in your boat (Good to have)

- Spare split paddle
- Change for pay phone
- Mobile phone + dry phone bag
- Thick fleece, rapped in secondary dry-proof bag or bin liner.
- fleece trousers, rapped in secondary dry-proof bag or bin liner.
- Map & compass of route & surrounding area
- boat repair kit: plumbers roofing tape
- waterproof paper & pencil
- First Aid kit: Zinc oxide tape, wound dressing, x2 triangular bandages; pain relief
- Hot sunny day: sun block, sun hat, sun glasses with cord to tie them on

Surfing

Can leave kit at easily accessible point on beach or in vehicle.

White Water

Need to think light & double pack clothing to keep it dry

River trip

All the above

Full details of MCS Canoe club & copies of these letters can be found at our web site:

www.mcs-exeter.co.uk

follow the 'Information' & then 'Canoe Club' links.